Abstract

A system and method for attaching soft tissue to bone. The invention comprises the provision and use of a novel two-part anchor for attaching soft tissue and the like to bone. In one form of the invention, the two-part anchor generally comprises a stake and a cap. The stake is adapted to be positioned in bone and form a stake for impalement by a piece of soft tissue. The cap is adapted to cap soft tissue which has been impaled on the stake and thereby bind the soft tissue to the stake and, hence, to the bone in which the stake is set.